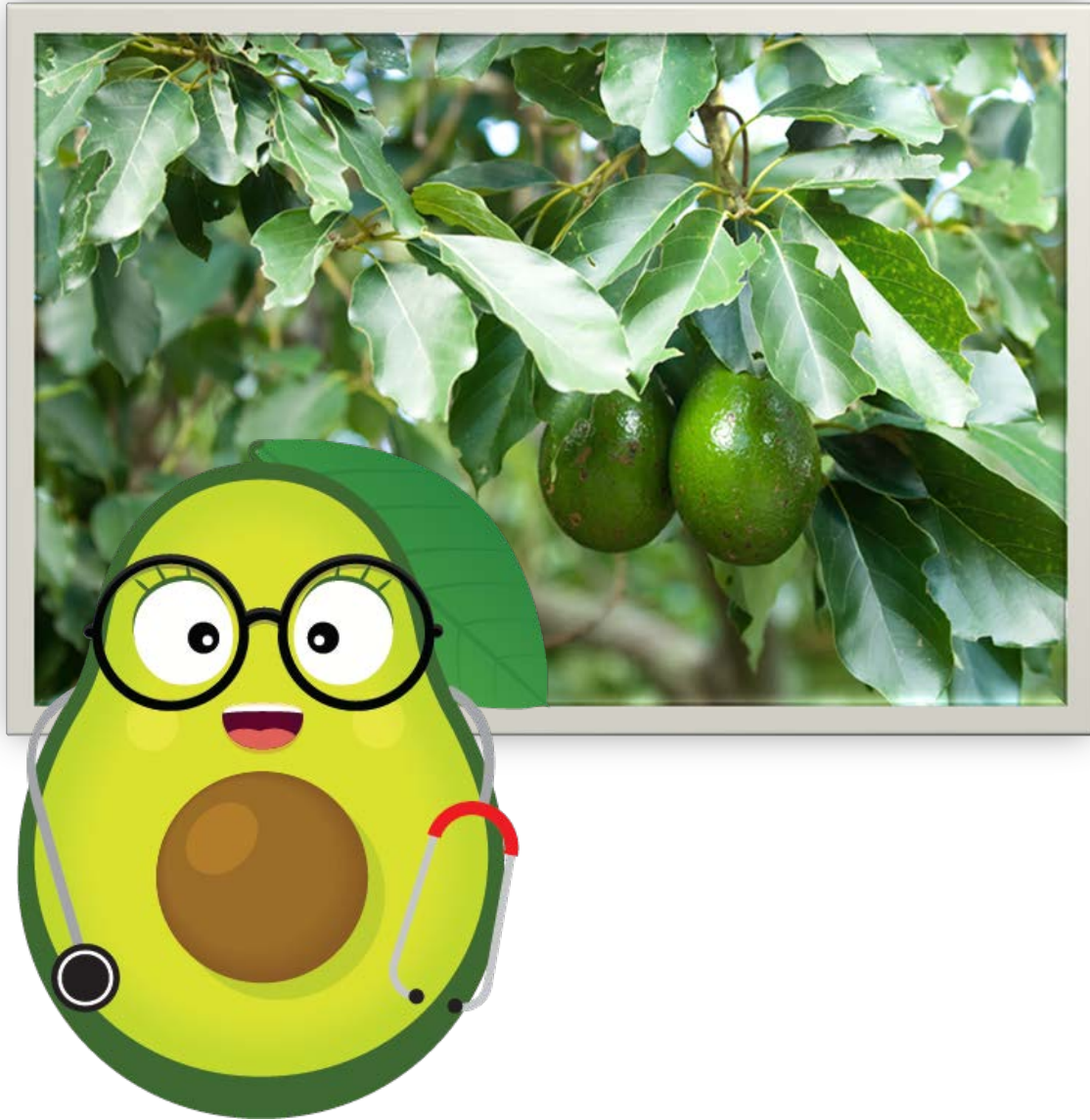


Harvest of the Month

Avocado



Florida Department of Agriculture and Consumer Services



WHAT WE ARE LEARNING TODAY

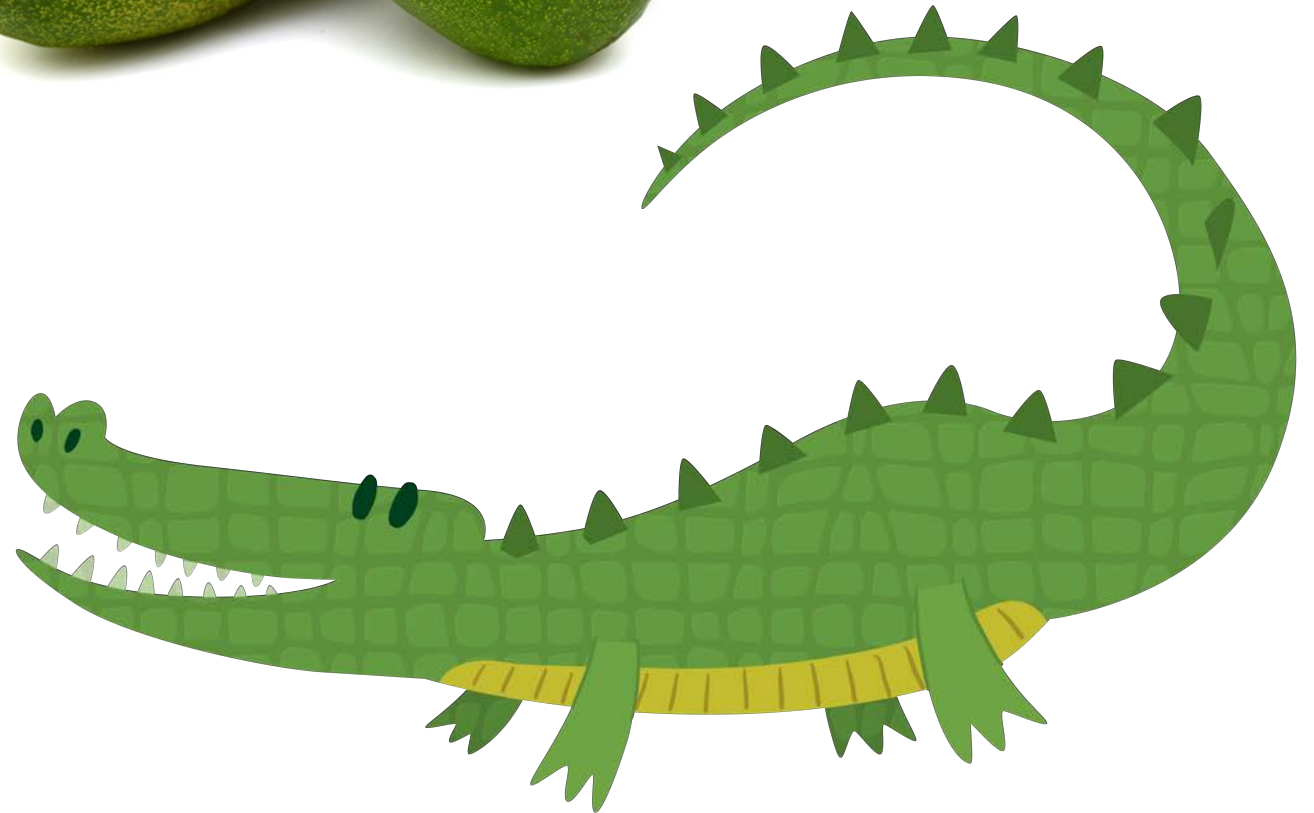
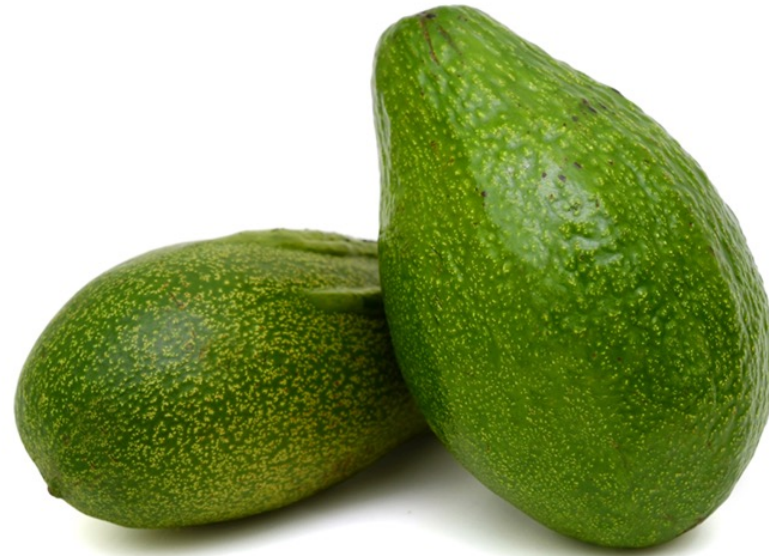
Bonjour!
I'm Ava Avocado.

It's time for a check-up
for the Florida Avocado.

Join me as we observe
Florida Avocado
production!

FUN FACTS

- The avocado is also known as the “alligator pear” for its shape and leather-like skin.
- Florida was the first state to grow avocados.
- Florida avocados have less fat than California avocados.



SPOT IT ON THE MAP

More than 98% of
Florida avocados are
grown in Miami-Dade.

Florida avocados are
primarily grown in:

1. Miami-Dade
2. Collier



HAVE YOU TRIED A FLORIDA BELL PEPPER?

Florida avocados are
harvested in the summer
and winter months.

They are available from
June through February.



Look for this logo to find
Florida-grown peppers!



MEET A FLORIDA VEGETABLE FARMER

Brooks Tropicals

Grows Slimcado Avocados,
Starfruit and Caribbean Red Papayas



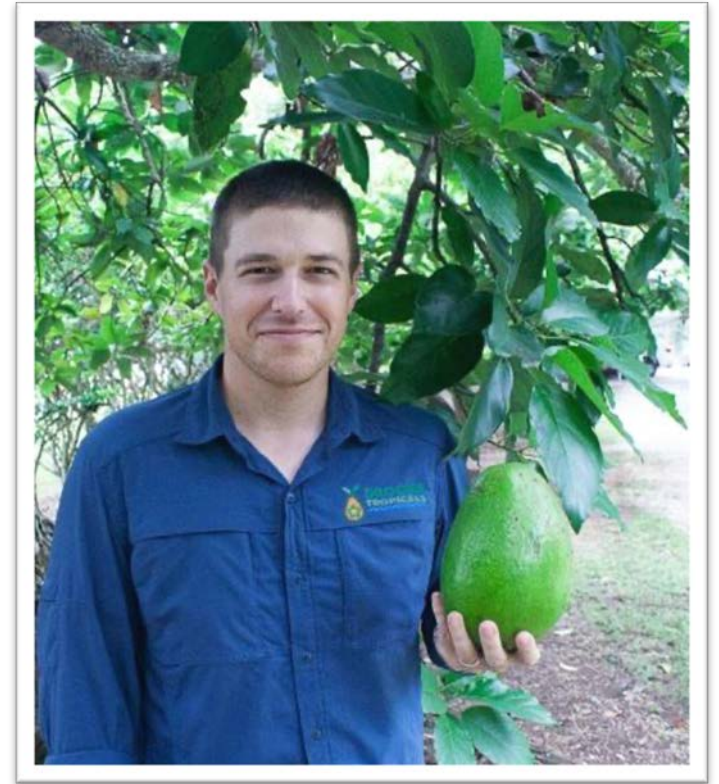
[Click here](#) to read about Brooks Tropicals!



FARMER INTERVIEW

How did you get your start growing avocados?

Having lived and studied in Asia and Australia, you'd think some international business would be my goal. I'll always love to travel, but I've found what I want to do, farm! Having a family in the business, I didn't have to interview. I started doing work around the business, packing house, accounting and sales. But I liked working in the fields the best. I have an office, I've got suits to wear, but I do most of my work out in the field in jeans.



FARMER INTERVIEW

What makes Florida avocados unique?

They're light tasting, they don't have all the oil other avocados have. You can't get any better than Florida avocados with a squeeze of lime. Sometimes you'll see patches on the outside that looks like alligator skin. The avocado isn't going to bite you, that's just where the fruit rubbed it against another fruit or branch.



How would you describe a perfectly ripe avocado?

To me, it's the squeeze. Hold it in the palm of your hand and give it a gentle squeeze. If it gives a little, its reading for slicing or chopping. If it gives a lot, get out the chips because we're having guacamole!



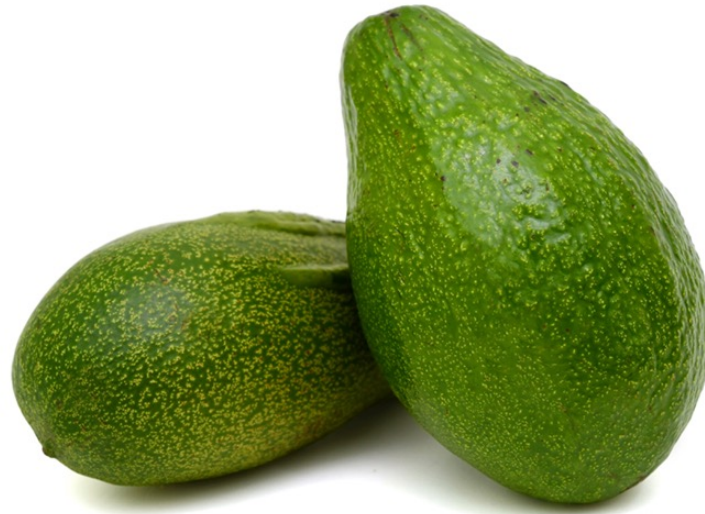
DID YOU KNOW?

- Avocados do not ripen on the tree!
- Mature fruit ripens in about 3 to 8 days once it is picked.



ADORABLE AVOCADOS

The Florida avocado is larger and has a lower fat content than the more common Hass avocado.



**Florida
Avocado**



**Hass
Avocado**

FUN FACTS

- Avocado trees will start producing fruit after 3-4 years.
- They can grow up to 30-65 feet tall!
- Avocado trees are often grafted, rather than grown from seed.

Check out University of Florida's IFAS website to learn how to care for an avocado tree.

<http://edis.ifas.ufl.edu/mg213>



BRAIN BREAK

FRESH FIND

- Green
- Pit
- Healthy
- Trees
- Guacamole
- Tropical
- Alligator
- Pear
- Fruit



U	Y	U	T	E	W	D	S	L	D	P	E	K	P	O
R	A	E	P	R	O	T	A	G	I	L	L	A	J	Z
H	A	J	I	X	E	C	M	J	M	J	F	B	L	V
F	L	Q	C	N	I	I	T	K	B	P	Z	Y	V	E
N	G	U	V	P	S	Z	X	M	I	K	V	D	V	Y
E	X	W	O	I	N	L	S	T	E	T	B	Q	T	P
G	L	R	M	W	I	F	K	N	Y	T	N	R	U	A
Y	T	O	N	D	T	G	E	B	J	Y	E	W	O	Z
D	T	X	M	H	M	A	X	E	H	E	E	G	F	L
A	I	N	A	A	U	C	C	T	S	I	R	P	M	X
H	U	A	V	O	C	L	L	Q	K	E	G	L	M	W
E	R	D	N	V	J	A	W	T	A	V	V	T	R	V
Y	F	G	X	C	E	M	U	J	E	P	X	K	X	C
L	I	D	X	H	X	H	Z	G	A	Y	I	W	U	G
I	J	Y	K	S	F	V	E	A	D	Q	C	O	F	I

K-2 MATH

AVOCADO TREES

How many avocados do you see?



K-2 MATH BAR GRAPH

Draw a picture
of these 3
avocado trees.

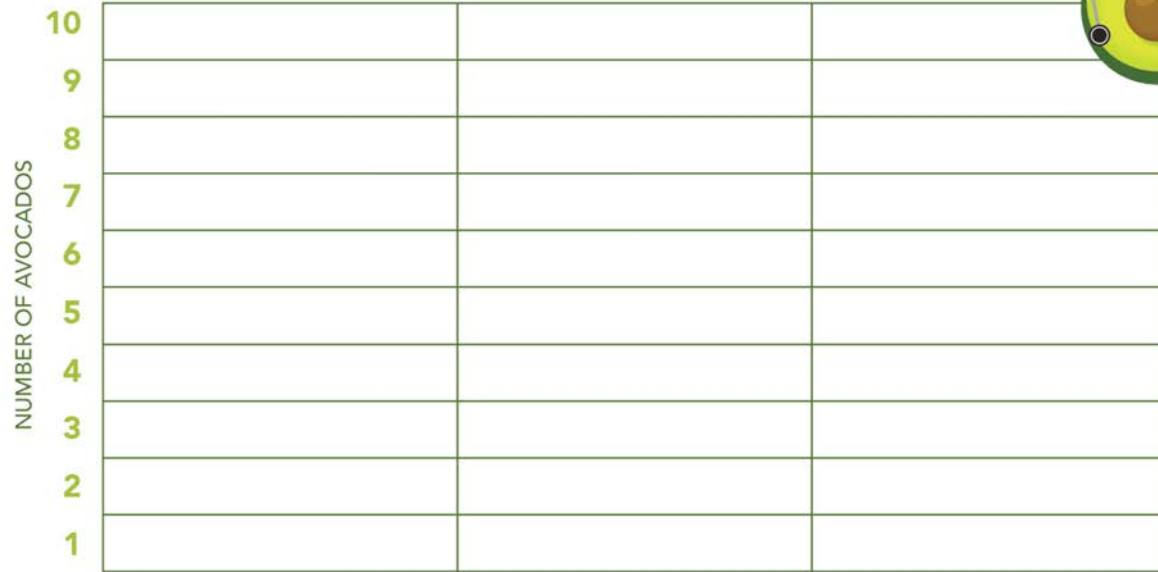


Math
Grades K-2

Name: _____

How Many Avocados?

Create a bar graph to show how many avocados there on the tree in the PowerPoint.



Tree 1

Tree 2

Tree 3



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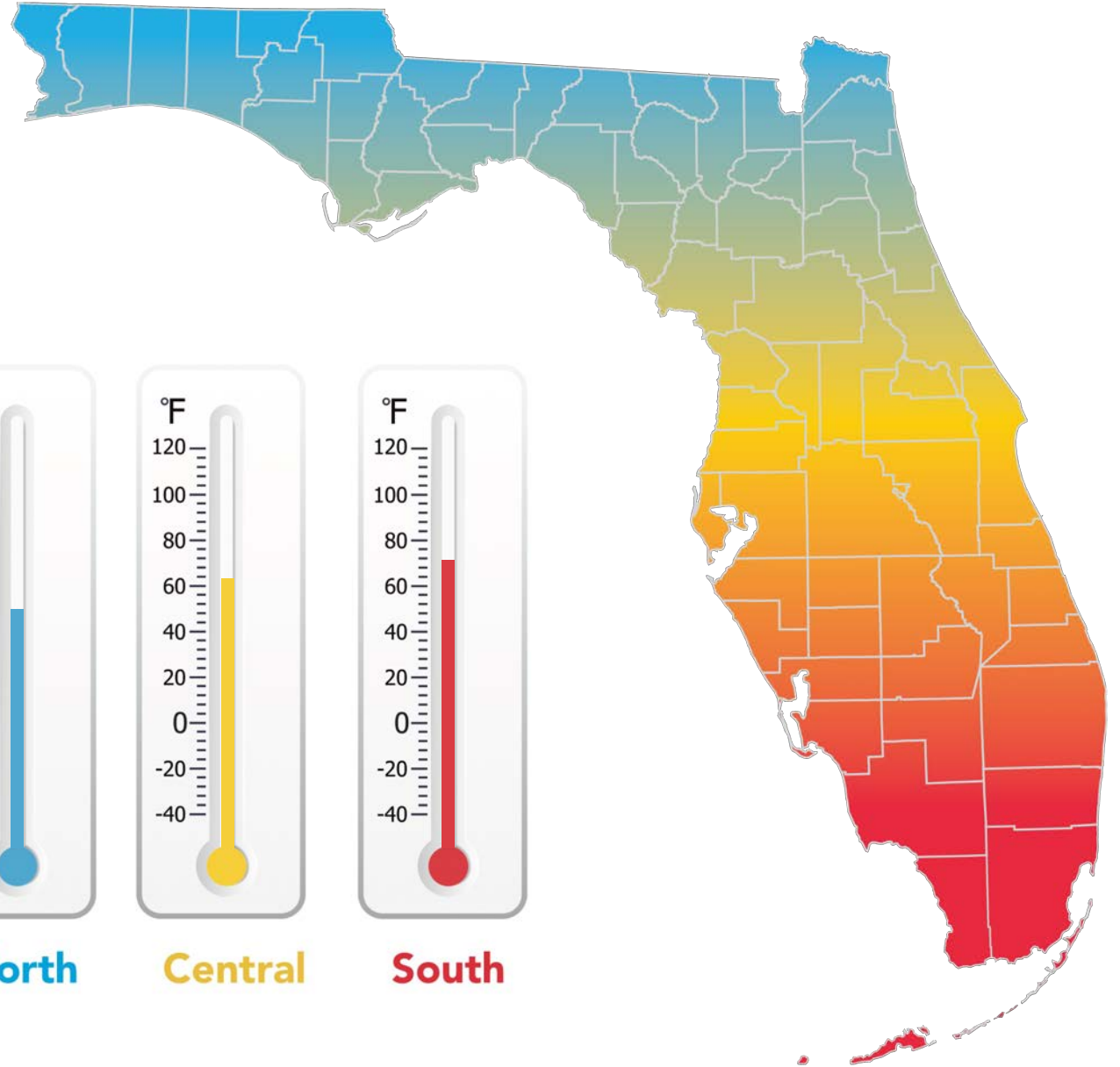
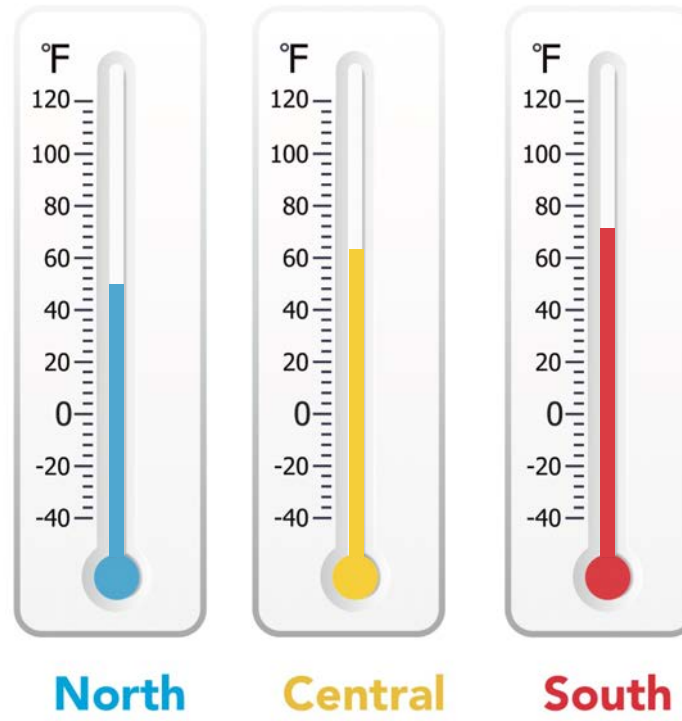
K-2 SOCIAL STUDIES

FLORIDA WINTER

Northern **56°F**

Central **63°F**


Southern **71°F**



K-2 SOCIAL STUDIES


Getting Warmer

Color in your
thermometers
and map with the
right colors!

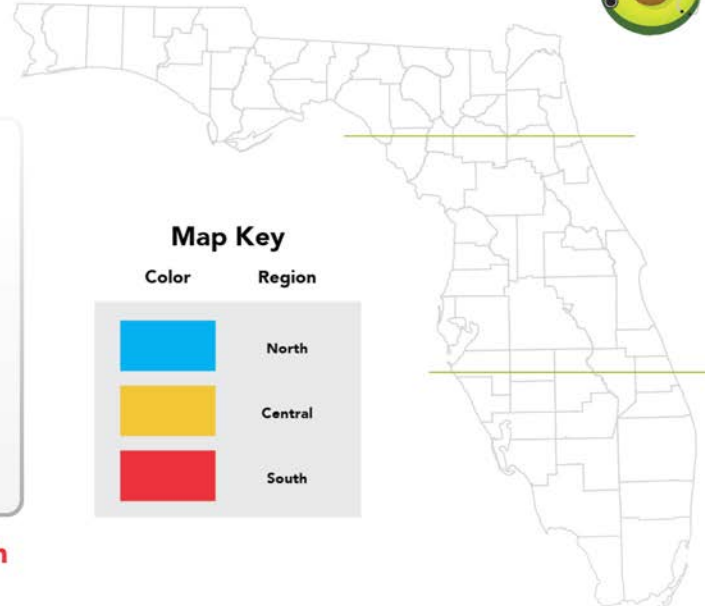
 Social Studies
Grades K-2

Getting Warmer

Name: _____




Color in the average winter temperature on the thermometers for North, Central and South Florida.
Then, color in the map to match the temperature with the region.



°F


120
100
80
60
40
20
0
-20
-40



North

°F


120
100
80
60
40
20
0
-20
-40



Central




°F


120
100
80
60
40
20
0
-20
-40




South

Map Key

Color	Region
	North
	Central
	South





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K-2 SCIENCE

WHAT DO PLANTS NEED TO GROW?



Soil



**Sunlight
& Air**



Water



Space

K-2 SCIENCE

GUESS THAT SEED

Draw lines to match the fruit or vegetable to their seeds.

What other seeds do you know?

BONUS:

What flower grows from this seed?



 Science
Grades K-2

Name: _____

Guess that Seed!

Draw lines to match the fruit or vegetable to their seeds.

Avocado		
Corn		
Snap Bean		
Watermelon		
Pumpkin		



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Florida
HARVEST
MONTH

Florida Department of Agriculture and Consumer Services
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K-2 LANGUAGE ARTS

STORY TIME



Let's read "Avocado Baby" by John Burningham.

Language Arts
Grades K-2

Name: _____

Avocado Baby Story Map

Create a story map by drawing a picture from the beginning, middle and end of the book "Avocado Baby" by John Burningham.

BEGINNING	MIDDLE	END

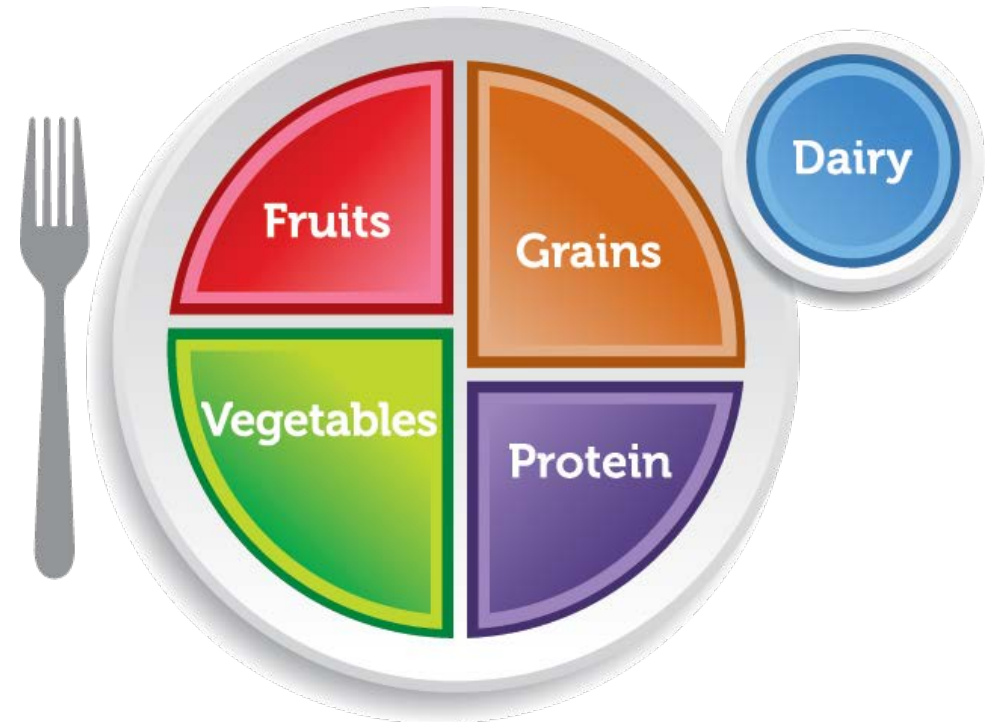
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K-2 LANGUAGE ARTS

MyPlate

Make half of
your plate
fruits and
vegetables!

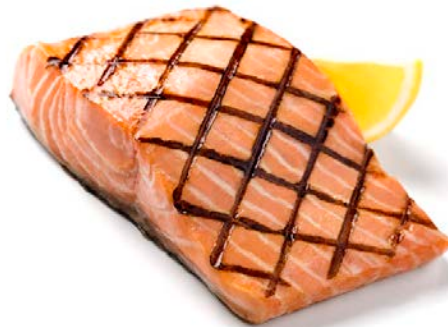


Choose **MyPlate**.gov

K-2 LANGUAGE ARTS

ACROSTIC POEM

What's your
favorite power
food?

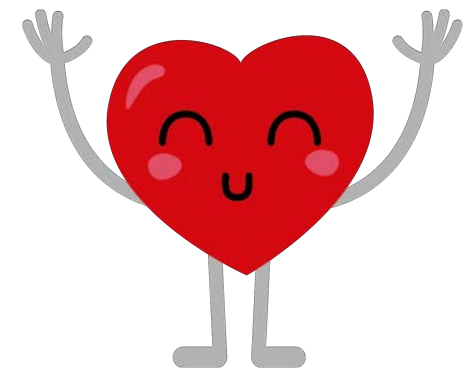


NUTRITION NUGGET

The heart-healthy fats found in avocados can help you maintain a healthy nervous system and heart.

- Avocados are an excellent source of healthy fats, fiber, folate, potassium and vitamins C, E and K
- These heart-healthy fats are important for a healthy nervous system and heart.
- Avocados also have the highest protein content of any fruit.

The creamy texture of the avocado makes it a great substitute for foods that are high in saturated fat.



TASTY TIPS

- A mature avocado ripens in three to eight days after it is picked.
- Avocados are best eaten raw and can be a tasty salad topping or made into guacamole dip.
- Florida avocados ripen best at temperatures of 60° to 75°F, so keep them at room temperature.
- To speed ripening, place avocados in a brown paper bag or store them next to bananas.



**Visit [Fresh From Florida](#)
for more tasty recipes!**

What did the avocado say to the tomato?

Well this is guac-ward!

What did the garlic say to the guacamole?

Avocado (I've got a) crush on you



What do you call a lazy avocado?

An Avocadon't

ADDITIONAL RESOURCES

Fall is the perfect time to start your winter garden! Check out these great school garden resources at the [Florida Farm to School website](#).

Featuring Florida-grown avocados on your menu today?
Visit [Fresh From Florida](#) for some popular avocado recipes.

Take your students on an adventure!
The Great Garden Detective is a curriculum resource
available from [Team Nutrition](#).



3-5 MATH

AVOCADO WORD PROBLEMS

Need Help?

1. Underline what you know.
2. Draw a picture.
3. Solve!



3-5 SOCIAL STUDIES

FLORIDA WINTER

Peppers are native to Mexico, Central and South America.



Can you find these places on the map?



3-5 SCIENCE

WHAT DO PLANTS NEED TO GROW?

Seed



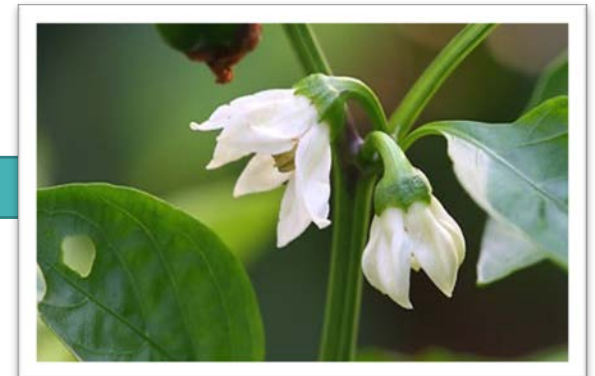
Sprout



Plant Grows



Flowers



Fruit Forms



Harvest



3-5 SCIENCE

GUESS THAT SEED

Label the parts of the pepper.

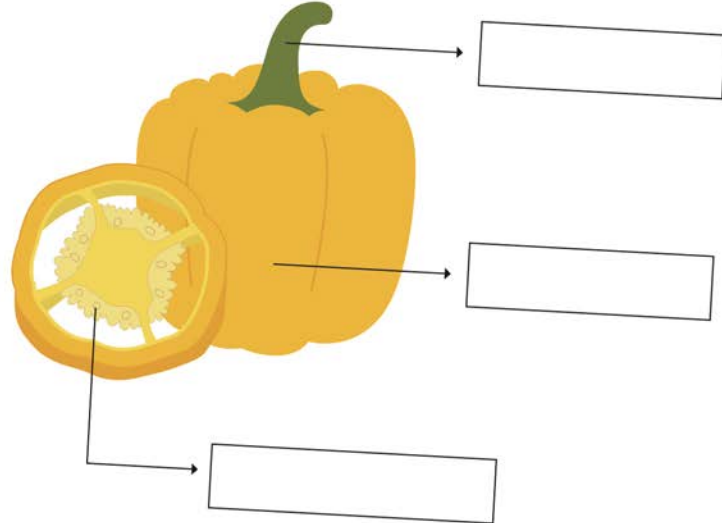
1. What part of the pepper do you eat?
2. What holds the pepper to the plant?
3. What do you need to grow more peppers?

Science
Grades K-2

Name: _____

Parts of a Pepper

Label the parts of a pepper using the word bank below.



WORD BANK: Seeds Skin Stem

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Florida HARVEST MONTH

3-5 LANGUAGE ARTS

PARTS OF SPEECH



Let's read "Avocado Baby" by John Burningham.



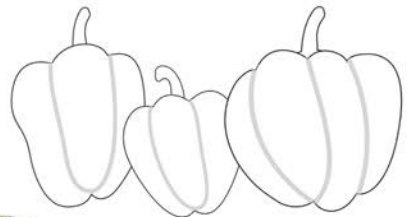
Language Arts
Grades K-2


Name: _____

Pepper Poem


Write a poem by thinking of a word or phrase that begins with each letter.

B _____	P _____
E _____	E _____
L _____	P _____
L _____	P _____
	E _____
	R _____

Color Me! 



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